

AIM FOR FITNESS



**Blading keeps you healthy
and physically active.**

Healthy eating and regular physical activity
will help you grow, learn better, enjoy life,
and feel your best!

Aim, Build, & Choose—for Good Health

AIM FOR FITNESS



**Catch
Air!**

**Get High
on School
Lunch and
Breakfast**

**Eat Smart,
Play Hard!**

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***Aim for a healthy weight and be
physically active each day***



Jefferson County Adaptive P. E. teacher Jennifer Gutierrez is part of the 2000 Olympic Triathlon team. The Triathlon is a race that consists of a 1500-meter swim, 40-kilometer bike race, and a 10-kilometer run.

***Strive to be
YOUR own
personal best!***

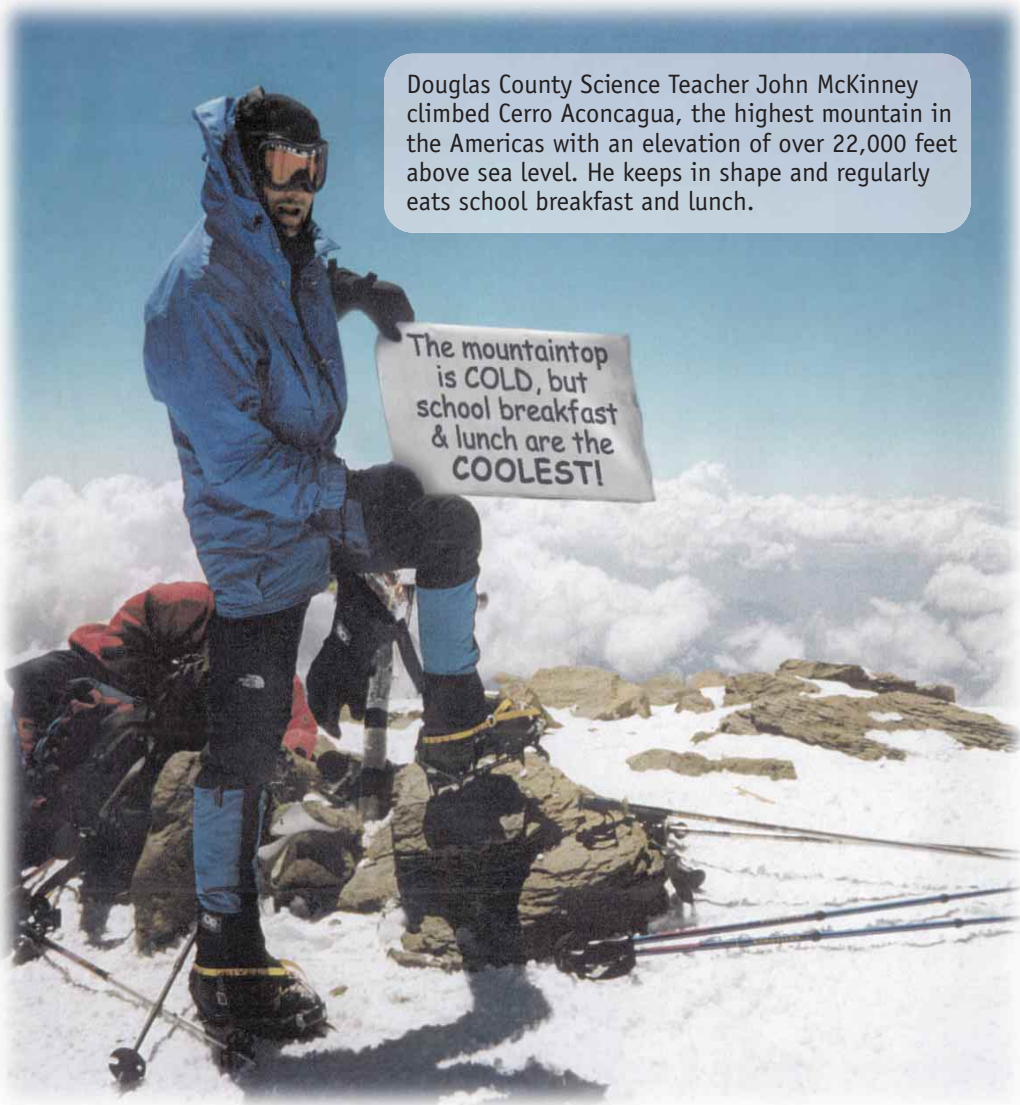


Healthy eating and regular physical activity will help you grow, work productively, enjoy life, and feel your best!

Aim, Build, & Choose—for Good Health

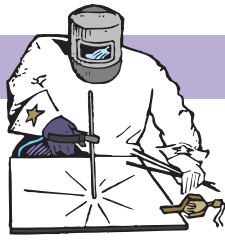
AIM FOR FITNESS

Douglas County Science Teacher John McKinney climbed Cerro Aconcagua, the highest mountain in the Americas with an elevation of over 22,000 feet above sea level. He keeps in shape and regularly eats school breakfast and lunch.



Aim for a healthy weight and be physically active each day!

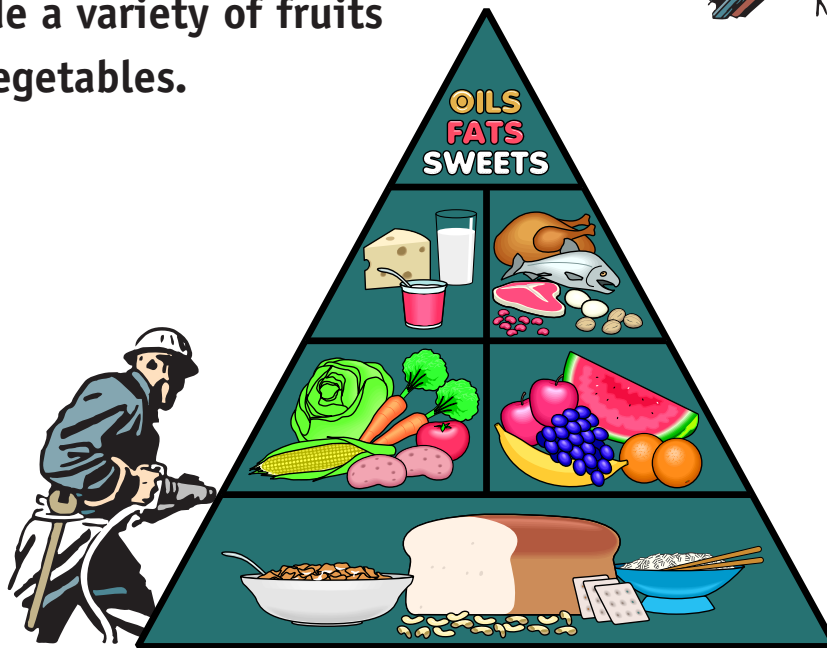
Aim, Build, & Choose—for Good Health



Build a Healthy Base



Choose a variety of grains daily, especially whole grains. Also, try to include a variety of fruits and vegetables.

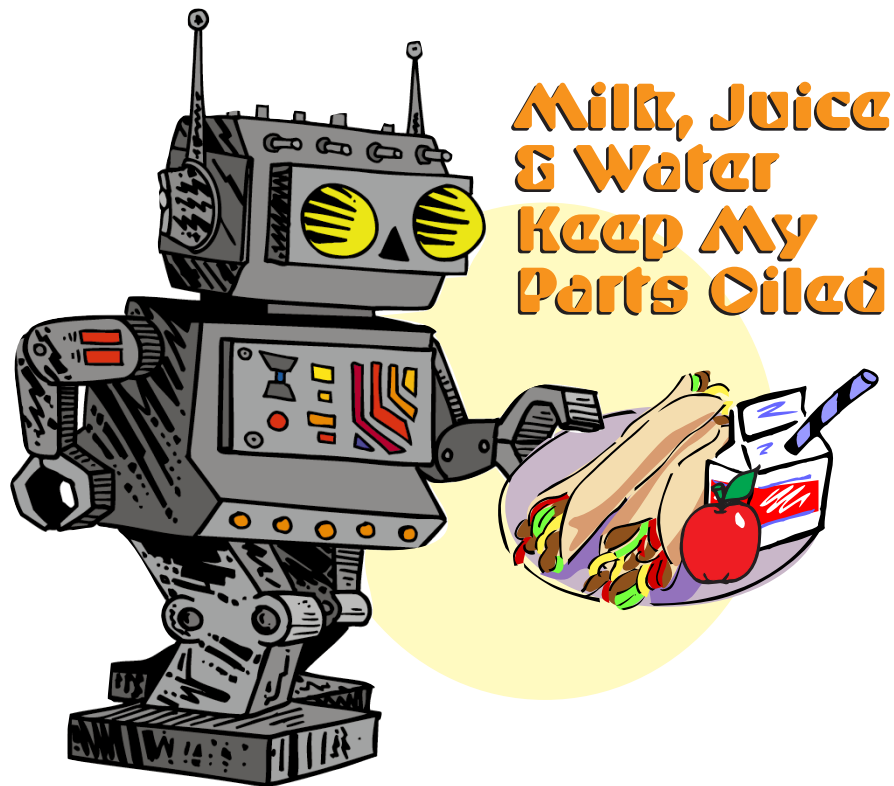


Let the Food Guide Pyramid guide you so that you get the nutrients your body needs each day. Make grains, fruits and vegetables the foundation of your meals. This promotes good health and may prevent certain diseases.

Aim, Build, & Choose—for Good Health

Choose Sensibly

Choose beverages and foods that limit
your intake of sugars and fats.



Milk, Juice
& Water
Keep My
Parts Oiled

Eat Smart, Play Hard!

Aim, Build, & Choose—for Good Health

Choose Sensibly

 **search** out sensible food choices



<Web Sites>

<http://www.exhibits.pacsci.org/nutrition>

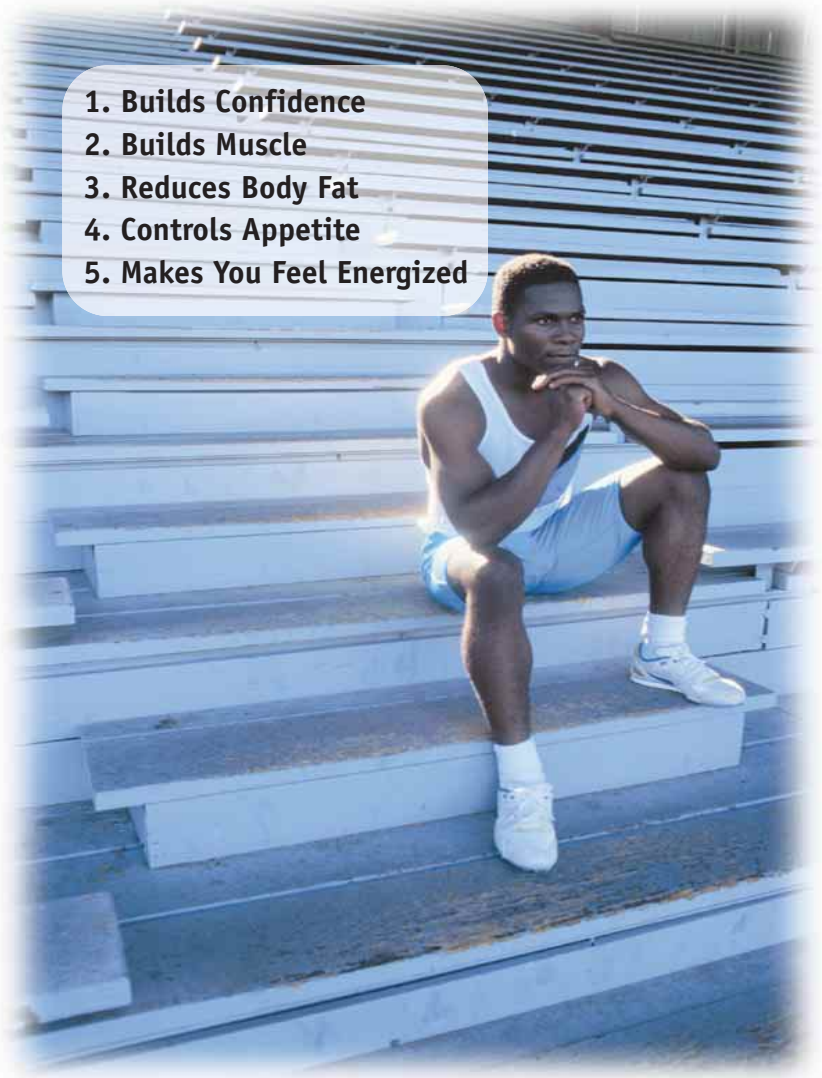
<http://www.nutritionexplorations.org>

<http://www.kidsfood.org>

<http://www.nppc.org>

Aim, Build, & Choose—for Good Health

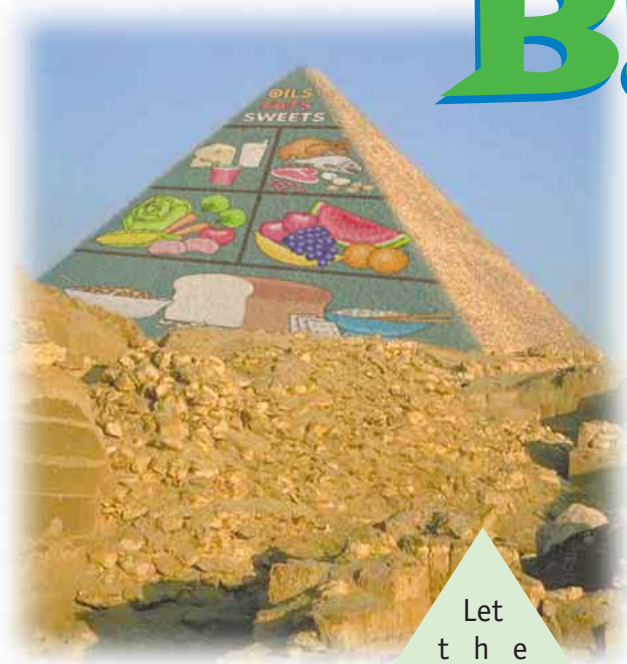
5 Good Reasons to Exercise!

- 
- A young man with dark skin is sitting on white metal bleachers. He is wearing a white tank top, light blue shorts, white socks, and white sneakers. He is looking towards the camera with a slight smile, his hands clasped in front of him. The background shows more bleachers and a bright, sunny sky.
1. Builds Confidence
 2. Builds Muscle
 3. Reduces Body Fat
 4. Controls Appetite
 5. Makes You Feel Energized

After School—Get Active!

Aim, Build, & Choose—for Good Health

Build a Healthy Base



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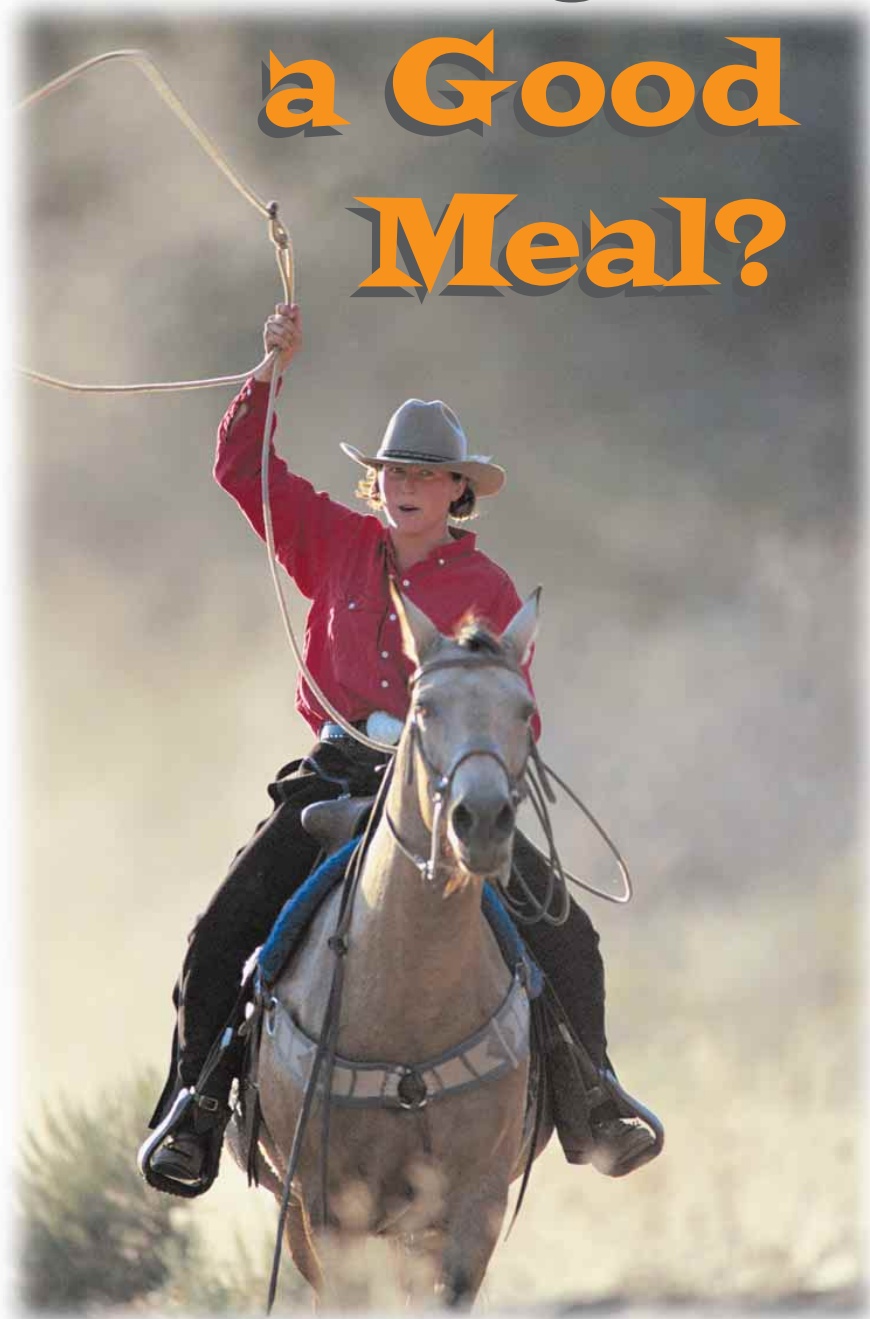
Let
t h e
F o o d
Guide Pyramid
guide you so that
you get the nutrients
your body needs each day.
Make grains, fruits and
vegetables the foundation of your
meals. This promotes good health and
provides energy for a long and active life.



Aim, Build, & Choose—for Good Health



Looking for a Good Meal?



Rope one at your school cafeteria!

Aim, Build, & Choose—for Good Health

Breakfast—

A PRIMER FOR ACADEMIC EXCELLENCE



Children...

- ✓ Have longer attention spans
- ✓ Perform better at complex tasks
- ✓ Score better on standardized tests
- ✓ Have better social skills
- ✓ Are more alert
- ✓ Miss fewer days of school
- ✓ Are generally healthier

...when they eat breakfast

Linda Ballow, Principal, Adams 12 North Star Elementary, says, "classroom teachers have found breakfast helps kids focus, they have less referrals to the school nurse, and there is a reduction in tardiness."

North Star is offering breakfast in the classroom to students.

"It is imperative that every student have well-balanced nutritious diets. Food is the fuel to provide energy for the task of learning. Eating breakfast helps assure that the energy is there for learning, physical growth and development. —Dr. Joyce Bales, Superintendent, Pueblo School District No. 60

Pueblo 60 offers breakfast at most of their schools. The number of students qualifying for the free and reduced-price meals is 54%.

"We schedule high school and middle school students a 10-minute breakfast break after the first period of the day. Our breakfast participation is great and the students are more excited to eat at that time of day." —Carolyn Yokum, Superintendent, Holly School District, Holly, CO.

Holly implemented an alternative schedule to ensure middle and high school students had an opportunity to consume breakfast.

Third grade CSAP proficiency reading scores are up 64% to 71% at Avery-Parsons Elementary in Buena Vista Colorado. Bonnie Grover, 3rd grade teacher at Avery-Parsons believes instituting breakfast was a contributing factor in the improvement of the scores."

Avery-Parsons instituted a breakfast program for all students.

- ✓ Advocate for consumption of breakfast by all students
- ✓ Explore non-traditional avenues for offering breakfast
- ✓ Breakfast is a KEY to academic excellence
- ✓ Breakfast is important every day—not just test day

For more information contact:

or the Colorado Department of Education
at 1-888-245-6092 (303-866-6661
Denver Metro)

"This institution is an equal opportunity provider."